

Objectives of Practical Dancing.

1. Posture - good use of body.
Duncraft - Triple Posture Test.
2. Fundamental Folk Dance Steps.
3. " skills - jumping, etc.
4. Leisure Time.
5. May It's - gether.
6. Health.
7. Group Work - stunts, as goal. Hartland - Tally.

CANOE

Canoeing
1940 - 41.

Canoeing.

Historical Notes:

The aborigines in Eastern N. A. developed the birch - bark canoe; those in the south & west developed the dug-out, and the Esquimaux contributed the skin-covered kayak. Each of these three types was developed by adapting the materials at hand to meet the different conditions encountered.

The "birch - bark" was made out of large sheets of the bark of the paper birch, clunen ^{to} gether with fibrous roots and made water tight with pitch. This outer skin was stiffened by an inner one of cedar wood ^{wide board} placed ^{paper-like} thinness and braced by ribs of the same wood placed close ^{to} gether. It was buoyant, easily managed in small streams and light enough for frequent portaging, but was not durable.

The dug-out was developed where the waters were placid & where soft easily worked woods were available. It was made by shaping the trunk of a tree and then hollowing it out. The dugout was usually heavy and unstable, but was fast running in smooth waters and durable. The Esquimaux kayak was the forerunner of the

modern decked canoe of the "Rob Roy" type. A skeleton of wood or bone was covered with skins stretched directly over the framework with no intervening layer of stiffening material to keep the cover smooth. It was completely decked except for a small cockpit covered with an apron tied around the paddler's waist. It was designed for use in open seas and afforded its user immunity from danger of wind & wave. It couldn't swamp, & if it were overturned the paddler righted it with a flip of his double-bladed paddle.

The white man has developed the all-wood & canvas-covered types of canoe as improvements on the birch-bark, the dugout & the kayak. His craft is similar in general shape to the canoes of the Aborigines but their lines are finer and the superior construction shows the advantages of the white man's tools, machinery, and wood-working ability. The canvas-covered type now exceeds in number & wide distribution all other similar water craft in N. A. and its use in sheltered waters has extended to Europe & other countries.

When used & selected with discretion, a reasonable amount of skill, & common sense, the canoe, whether all wood or canvas-covered, is one of the safest crafts afloat. It is more buoyant than sea worthy to say it is afloat?

But last night in eastern N.H.
one of course came through
to the top with

It was very pitiful -
it was just paper & paper
and man had a box
of matches - but still he
had open a box &
was the first real paper
that I ever saw.

Then last night when
I was trying to make a
fire I found
and made up all the coals
from the chimney - they were
green - now had to light

Canoeing.

Landing or turns:-

- ① Bow - draw
stem - Big sweep (banking)
- ② Bow - Push over, sweep.
stem - Big T.

Racing Turns.

- ① Bow - Bow rudder
stem - draw
- ② Bow - Cross Bow rudder.
stem -

Saddling Progression.

new {

- i Know the parts of the canoe + paddle.
- ii Get in + out of canoe correctly from locker and
- iii Demonstrate: Bow stroke - hold - backwater.
- iv Shift paddles in rhythm.
- v Give paddle salute

Bow {

- I Demonstrate: stability sequence, hanging plan.
- II Launched: load: dock: back canoe.
- III Bow strokes: straight ahead - draw -
push-over + $\frac{1}{2}$ - sweep.
- IV Assist stern to follow fig. 8 course.
- V Handings: Head on
Diagonal } Bow assisting stern
Sides in }

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Expt. 8	<ul style="list-style-type: none"> I Canoe start - Rescue by generate drag, getting & safety. Come in with no. 8 starting. II Solo Paddling - stay & fig. 8 course. III Landings : { Slip in side or upright, head on sideways
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IV Racing Strokes. { Under-Bow rudder
stationary draw
Bow rudder
Cross bow rudder.

{ Paddlers Pledge

As an honor paddler I shall be
responsible for the welfare of those
within my canoe and in the care
of the canoe itself.
I hereby give my pledge.

Canoes.

There are three kinds of canoes: wooden, birch bark, and canvas.

The war canoe is wooden. It has great stability and is very heavy. It is rarely used on canoe trips because of its weight. If it is left in the water for any time it absorbs water which makes it all the heavier. If left on land it has an opposite effect. It is very speedy. The war canoe has clean cut lines and is nice looking.

Birch bark canoe has a tendency to bulge or warp. It is very light and thus used for rapids or fast water. The keel is built upward.

The canvas canoe is the regular kind used. It has planks by the stem. It is light and has the same stability as a war canoe. It has good looking lines and it is very ready out of shape. It is easily mended. The ribs and planks are of cedar and the outside of canvas.